

LIBERTY CENTER

ATHLETICS

***STUDENT-ATHLETE
EXTRA-CURRICULAR
HANDBOOK***

UPDATED June 2019

**Liberty Center Junior/Senior High School
100 Tiger Trail
Liberty Center, OH 43532
419-533-6641**

Athletic Office
419-533-6404
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www.libertycenter.k12.oh.us

Superintendent	Mr. Richie Peters
HS Principal	Mr. Larry Black
JH Principal	Mr. Nick Mariano
Athletic Director	Mr. Jake Johnson

Fall Sports

Boys/Girls Cross Country
Cheerleading
Football
Boys/Girls Golf
Volleyball
Girls Soccer
Boys Soccer

Winter Sports

Boys Basketball
Girls Basketball
Cheerleading
Wrestling
Gymnastics
Bowling

Spring Sports

Baseball
Softball
Track

Individual Sports Schedules and directions to schools can be found by using the following websites. Schedules are subject to change.

www.libertycenter.k12.oh.us - District calendar

Message to Student/Athletes and Their Parents

This handbook is being presented to you because your son/daughter has a desire to participate in interscholastic athletics at Liberty Center Junior/Senior High School. The school is very pleased that they have made this decision and we hope that the experience will be positive as well as educational. Participation in athletics provides the student the opportunity to learn leadership skills, gain confidence, self-discipline, organization, decision-making skills, and to set goals.

Once the decision is made to participate in athletics, there are often many questions, which both you and your son or daughter may have regarding the Liberty Center Junior/Senior High School Athletic Program. In order to assist in making the athletic experience a positive one, this handbook has been assembled to answer questions about the guidelines and philosophy of the Liberty Center Junior/Senior High School Athletic Program. We hope this will be of assistance, and we encourage you to use it as a reference throughout the year. If you have additional questions, please feel free to contact the Liberty Center Athletic Office at 419-533-6404.

Philosophy

It shall be the purpose of Liberty Center Junior/Senior High School to provide a well-planned and well-balanced program of interscholastic athletics for our students. Competitive sports are an important part of the total education program for students in our school. Student-Athletes develop physically, mentally, socially, and emotionally, while participating in athletics. The Athletic Department will offer athletic programs that will instill pride and reinforce a sound value structure that helps promote an individual's self-image, as well as the image of the school district and the community. Athletic activities will provide educational experiences not otherwise provided in the curriculum. Emphasis will be upon teaching through activities in addition to teaching the skills of activities. Every attempt will be made to provide numerous opportunities for students to participate in activities which promote growth and development, teach social and recreational skills, and develop leadership qualities. It is the mission of the Liberty Center Junior/Senior High School Athletic Department to offer as many of these educational opportunities as possible so students can compete in a manner that will help them develop personally, foster teamwork, and teach important life skills necessary for becoming a valued member of society. The interscholastic athletic program will operate and be managed under the policies and guidelines set forth by the Liberty Center Board of Education, the Ohio High School Athletic Association, and the Northwest Ohio Athletic League. The athletic program shall be based on the following premises:

1. That interscholastic athletics are an integral part of the overall educational program.
2. That the total development of the student is our main concern.
3. That the fundamental functions of the school are academics and that extracurricular work should supplement, not interfere with the basic functions for which schools are established and maintained.
4. That the contest rules, regulations and supervision of the programs should insure the maximum protection of the health and safety of the participants.

Junior/Senior High School Athletic Teams

Fall

Boys/Girls Cross Country (JH, Var)
Football (JH, 9, JV, Var) Girls Volleyball (JH, 9, JV, Var)
Boys/Girls Golf (Var)
Cheerleading (JH, JV, Var), Boys/Girls Soccer (JV/Var)

Winter

Boys Basketball (JH, 9, JV, Var)
Girls Basketball (JH, 9, JV, Var)
Wrestling (JH, JV, Var)
Cheerleading (JH, JV, Var)
Gymnastics (Var)
Boys Bowling (Var)
Girls Bowling (Vars)
Wrestlerettes (JH, JV, Var)

Spring

Boys Baseball (JV, Var)
Girls Softball (JV, Var)
Boys Track (JH, JV, Var)
Girls Track (JH, JV, Var)

Levels of Competition

Freshman

The emphasis at the freshman level is on participation, success and further development of their skill development. If the program supports a freshman squad, squad limitations may occur at this level and attempts will be made to play as many students as possible during each contest, while striving for victory for the entire team.

Junior Varsity

The emphasis at this level of competition begins to focus on skill refinement. Squad limitations may occur at this level and it is possible that not every player will play in every game.

Varsity

The perfection of skill, putting the best players in the game, and winning is the emphasis at this level. While winning at all costs is not a part of the athletic department's philosophy, no apology should be necessary if the varsity team does all it can to win each contest within the bounds of ethics, integrity and sportsmanship. In certain sports, squad limitation may be used at this level and it is extremely likely that not every player will play in every contest.

Pre-Season Parent's Meeting

Each Head Coach shall set up and conduct a pre-season meeting with the parents of his/her team. This meeting should inform the parents the coaching staff's expectations for their children as well as to go over school/team policy. Items to discuss are (but not limited to): coaching philosophy, code of conduct policy, eligibility requirements, attendance policy, doubling policy (if applicable), lettering requirements, and training rules of the coach. Items not appropriate to discuss includes (but not limited to): playing time, other athletes and other sports.

Training Rules

All athletes and parents must sign a Code of Conduct form. This must be on file in the AD's office before an athlete will be allowed to participate. Athletes and parents need to sign a new form each school year.

All head coaches may establish additional training rules for his/her sport (i.e. curfew hours, dress, school conduct, etc.). Any additional rules will be subject to approval of the AD and principal. These rules

shall be placed in writing and given to athletes and parents for signatures as to the knowledge of their existence. The Code of Conduct is included in this packet.

Any athlete under a disciplinary suspension from school is not eligible for participation in either practice or competition during the suspension. In-school suspension is considered being under suspension.

Participation/Doubling

All junior/senior high school students at Liberty Center Junior/Senior High School who qualify under OHSAA rules and the policies of the Liberty Center Board of Education will be given the opportunity to participate in the athletic program.

Permitting an athlete to participate in more than one sport in a season is based on the philosophy that we need to allow the athlete to fully develop his/her interests and talents. Coaches must place the good of the individual and the total athletic program ahead of any felt need "to win" a single contest. Coaches are expected not to discourage students from broadening their athletic interests and abilities by participating in more than one sport. A student will be permitted to participate in two sports in one season provided that:

1. The participant must declare to the coaches of the involved sports his/her intention to participate in two sports and must declare which sport is to be their major sport.
2. The participant must attend practices in both sports.

In all cases of schedule conflicts, the participant will be expected to participate in his/her declared major sport. The only exception to this will be if a major sport non-league or non-tournament contest conflicts with a secondary sport's league contest (in sports where each contest counts toward league title) or an OHSAA tourney contest. The participant will be expected to miss a practice of his/her major sport to compete in a contest in the secondary sport.

Eligibility

In order for a student to be eligible to participate in athletics, a student must be currently enrolled and must have been enrolled the immediately preceding grading period. During the preceding grading period, the student must have received passing grades in a minimum of five one-credit courses or the equivalent which count toward graduation. (5 credit rule) **All coaches should remind athletes to be taking at least 6 credits each grading period.**

Also, any student receiving a GPA below 1.5 or 2 F's in a grading period will be ineligible to participate the following grading period. (2 F Rule)

Per OHSAA Junior High Eligibility Guidelines – Passing grades must have been received in a minimum of five of all subjects in which enrolled in the immediately preceding grading period. All courses in which a student receives a grade count toward this eligibility requirement.

The eligibility of incoming freshman (1st grading period) is contingent on the student passing 75% of those subjects carried the preceding grading period in which the student was enrolled.

1. Junior/Senior High School athletes that are ineligible may practice at the coaches discretion. Riding to a contest or dressing for a game is prohibited.
2. Middle School student eligibility will be on a weekly basis. 1.5 or 2 F rule applies. (The day that the eligibility will be pre-decided by the season coaches.) The athlete may practice but not dress or participate in a contest n or ride the bus for the following week.

Awards

Each respective sport will have its own awards ceremony, planned by the coaching staff, and made to honor its athletes at the conclusion of their season.

1. All athletes who complete a sport season in freshman, reserve, or varsity competition will receive a certificate of participation. Awards will be made at the end of each sport season as determined by the head coach of each sport. There will be no individual or team awards for reserve or freshman teams.
2. Additional awards beyond the above certificates are:
 - a. A Varsity Letter "L" will be awarded only once in an individual's career. **Letter winners will be determined in each sport by the head coach.**
 - b. In each sport, first-time letter winners will receive a pin for their letter denoting that sport along with a bar for each year that the athlete letters in a sport.
 - c. 2nd year letter winner will receive a medal
 - d. 3rd year letter winner will receive a plaque
 - e. A 4-year letter winner will receive the 4-year trophy
 - f. Seniors that participate in the same sport for 4 years will receive a plaque

Facility Usage

No student is to use any facility (gym, weight room, etc.) without a staff member being present.

Financial Obligations

For most teams uniforms and gear are provided by the school. Students are responsible for the care of the uniforms/gear that are given to each athlete. Make certain that there are proper markings in the gear such as a number to identify which uniform the student-athlete is responsible. Students/parents will be held responsible for any lost, stolen or damaged (beyond normal wear and tear) gear they have been issued. Parents will be charged replacement cost for the uniform or gear.

Student athletes do not have to purchase such things as team shoes or a team spirit package to participate on any team at Liberty Center. It may be requested by the coach that all team members have the same shoes but it cannot be required for participation.

Student athletes cannot be forced to participate in any team fundraiser. Team fundraisers can be used to defer the costs of camps, shoes, spirit packs, etc., but cannot be a requirement for participation. Once a student-athlete agrees to participate in a fundraiser, they will be held responsible for any financial obligations associated with the fundraiser.

All checks should be written out to a pre-approved organization associated with the sport. Do not write out any checks to any individuals or give cash unless a receipt is given to acknowledge cash has switched hands.

Missing Practice

Practice is an integral part of the athletic processes where coaches determine the abilities and capabilities of their athletes as well as building team cohesiveness. It is very important that athletes do not miss practice. If an athlete has to miss practice, he/she must directly consult his/her coach before missing practice. Never rely on a teammate to deliver this message! Missing practice or a game without good reason will be dealt with according to specific team rules. Head coaches will state penalties for missing practice in their rules specific to their sport.

Cancellation of Athletic Contests

In the event that school should be canceled due to inclement weather, the decision to cancel any scheduled contest will be determined by the principal and the AD. The decision to cancel will be made as early as possible so that all concerned can be given notice. It is usually the visiting or traveling team that will make the final decision on whether or not the contest will be held.

Practices on inclement weather days may only be held with AD's permission. The safety of the athlete is to be given prime consideration in making the decision to hold practice. At no time will an athlete be required to attend a practice, if in the mind of the student/parent, the safety of the student (due to road conditions) is in question.

Practice sessions on inclement weather days will not be announced over the radio. The head coach will already have a prearranged schedule or a telephone calling system developed in case of no school.

When a contest is canceled, the AD will notify the transportation director to cancel transportation. Also, the AD and/or the head coach will notify the radio and media.

Transportation of Teams

1. Bus transportation will be provided to transport all participating school personnel to contests. Coaches need to turn in transportation sheets to the Transportation Supervisor for each away contest prior to the start of their season or a minimum of 10 days prior to the contest.
2. Coaches are to remind athletes that they **will** travel on the bus both to and from contests. The only exception is when the parent/guardian gives the coach written permission signed by the principal releasing the athlete to their custody. The coach may deny this request due to team considerations. The athlete may not travel home with anyone other than the parent/guardian. Parents wishing to have a note signed by an administrator for their child to ride home with them must have the note to the respective office by 8:00 am. Student athletes will not be permitted to be transported in a private vehicle other than with their parent or guardian.
3. Coaches that drive their respective teams will develop and enforce a seating chart. This will tell who is on the bus and where they are seated.
4. Coaches are responsible for the conduct of their players while on the bus. Conduct must be in a manner befitting a representative of Liberty Center Junior/Senior High School.

Absence from School

1. Student/Athletes must attend school regularly to demonstrate the responsibility and dedication that are rewarded by the privilege of interscholastic competition. Regular attendance is also important in maintaining scholastic eligibility.
2. A student/athlete must be in attendance $\frac{1}{2}$ day in order to participate in a contest or practice after school or in the evening. An exception to this is when the student is excused in advance by the principal/AD before leaving. **Coaches need to remind their athletes of this policy.** If a student-athlete is not in school for more than $\frac{1}{2}$ day, they cannot attend practice just to watch.

Squad Selections

It is the philosophy of Liberty Center Junior/Senior High School that athletic participation be open to as many students as possible. However, due to limitations of space, equipment, and numbers of players needed, it is sometimes necessary to limit the number of athletes on a particular squad. The criteria and date for squad selections will be established by the head coach and explained to all candidates.

Physical Examinations

All athletes and cheerleaders grades 7-12 must pass a physical examination yearly. The physical examination form must be signed by the parent or guardian. It is the responsibility of the coaching staff to see that no athlete or cheerleader participates in a practice or competition until the proper proof of the physical examination is on file.

Students who do not take the exam at the time scheduled by the athletic department will have to make their own appointment and pay the regular rate.

Insurance

The parent/guardian should provide evidence of health or accident insurance coverage. If the parent/guardian does not have health or accident insurance for the student athlete, the parent can ask the Athletic Director to inform them of the availability of coverage through a carrier approved by the Board of Education.

Emergency Medical Forms

Each coach will be given copies of the emergency medical forms of his/her athletes. These forms must be with the teams at all times.

Emergency Medical Attention

Injuries that appear to be serious will be handled by the trainer (coach if no trainer is available) who will stay with the athlete until the parent/guardian arrives. If there is danger due to loss of blood, unconsciousness, severe pain, or other dangerous symptoms, the rescue squad will be called. In all cases, the parent/guardian will be called as soon as possible. **Coaches should have copies of emergency medical forms of all players with them at all contests/practices.**

Summer Camps

In order to avoid conflict with other sports activities and events, all sports camps coordinated by a Head Coach will be scheduled in cooperation with the Athletic Director. Summer camps and programs can cause some student/athletes to be pressured to be involved in as many as three different sports activities at once. With the coaches cooperation with the Athletic Director we will be able to prevent any conflicts between programs. Any coach planning a summer camp or summer program will submit a schedule of this to the Athletic Director prior to the end of the school year.

Dress Code

School wide dress code policies apply to all athletic contests. Coaches may require guidelines that exceed this policy. Exceptions or deviations to this policy may be permitted by teams that dress at home or do not appear publicly; only with the express permission of the Athletic Director.

Uniforms

Liberty Center athletes will be issued uniforms that are the property of the athletic department. Uniforms are to be worn only in athletic contests in which the athlete is a participant. Jackets issued by the athletic department may be worn during the season at the discretion of the athletic department. No other student should wear your uniform.

Athletes who fail to turn in any uniform or equipment at the end of a sport season will NOT play in their next season's contests until the uniform or equipment is turned in or have paid for the loss. The athlete MAY practice. Coaches should encourage athletes to keep uniforms at home where they are safe and keep them locked when they are brought to school.

Sportsmanship Guidelines

The Liberty Center Local School District believes that interscholastic competition involving member schools should be governed by the basic principles of good sportsmanship.

Players/Staff/Team Personnel are governed by the sportsmanship policy established by the Ohio High School Athletic Association. Any team member or staff member ejected for unsportsmanlike conduct or flagrant foul shall be ineligible for contests for the remainder of that day as well as for all contests in that sports until two regular season/tournament contests (one in football) are played at the same level as the ejection.

If the ejection occurs in that last contest of the season, the student or staff member shall be ineligible for the same period of time in the next sport in which the member participates. A student or staff member under suspension may not sit on the bench, enter the locker room or be affiliated with the team in any way traveling to or from a contest.

A student who is ejected a second time will be denied participation for the remainder of the season in that sport.

Liberty Center Junior/Senior High School is committed to upholding the ideals of good sportsmanship, ethics and integrity. It is important that the actions of the participants, coaches, and spectators be a positive reflection on the school community.

Hazing

It is the position of the Liberty Center Junior/Senior High School Athletic Department and the Liberty Center Local Board of Education that hazing activities of any type are inconsistent with the educational process and shall be prohibited. Under no circumstances will hazing be tolerated. Hazing is defined as any act of coercion or harassment toward another, including the victim, into actions that create substantial risk of mental or physical harm to any person as part of an initiation.

Parent/Coach Relationship

A clear line of communication is important between a coach and a parent. Parenting and coaching are extremely difficult endeavors.

The Liberty Center Local School District in conjunction with its Athletic Department follows the chain of command listed below. We ask that you observe the order of this line of communication.

Assistant Coach (if applicable)

Head Coach

Athletic Director

Building Principal

Superintendent

Board of Education

If the coach can't be reached, the Athletic Director at 419-533-6404. An appointment with the coach will be arranged.

Please do not attempt to confront the coach before or after a contest or practice session. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution.

The Role of Parents in Interscholastic Athletics

As a parent, make sure no matter what happens; win or lose, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure.

Try your best to be completely honest about your child's athletic ability, competitive attitude, and actual skill level.

Don't coach them. Love them.

Teach them to enjoy the thrill of competition.

Try not to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride. If they are comfortable whether winning or losing, they are on their way to maximum achievement and enjoyment.

Don't compare the skill, courage or attitude of your child with other members of the team.

Personal Conduct Violations

The code of conduct not only covers tobacco, drug and alcohol situations but personal conduct in and out of school. A student who has committed to participating in extra-curricular activities places him or herself in a role where much more is expected of student in regards to personal conduct in that the student is representing Liberty Center Schools at many functions. Therefore the Junior/Senior High School principal has discretion of suspending a student's right to participate in extra-curricular activities for the following reasons:

- a. Violating federal, state or local ordinances, including felony or misdemeanor acts other than minor traffic offenses. Conviction of said act is not necessary to establish a violation of the code of conduct but will be determined by an independent school investigation.
- b. Violating any student code of conduct behaviors outlined in the student handbook.

File: IGDJA-R

DRUG TESTING POLICY Extra-Curricular Code of Conduct LIBERTY CENTER JUNIOR/SENIOR HIGH SCHOOL

The LIBERTY CENTER Board of Education Drug Testing Policy was formed because of a concern that alcohol and illicit drugs may be used by students at Liberty Center. The LIBERTY CENTER Board of Education desires to implement a policy which will attempt to provide this district with a safe and healthful student program. This policy reflects the LIBERTY CENTER Board of Education and the community's strong commitment to establish a truly drug and alcohol free school program. Because of the pervasive nature of drug use in our society, LIBERTY CENTER have selected student athletes, students who participate in extra-curricular activities, and students who, along with consent from their parents, volunteer to be tested, for inclusion in the testing pool. This policy applies to all athletes, volunteers and extracurricular activities from grades 7-12.

PURPOSE OF THIS POLICY SHALL BE:

1. To provide a healthy and safe environment to all students participating in the athletic and extracurricular program year around.
2. To discourage all students from using drugs and alcohol.
 - a. Students will assume all responsibility for regulating their personal lives in ways that will result in their becoming healthful members of a team and worthy representatives of the school and community.
3. To provide students with the opportunity to become leaders in the student body for a drug free school.
4. To provide solutions for the student who does use drugs and alcohol.

5. To provide the school with positive guidelines and disciplinary policies for violations of the drug free policy.
6. To encourage those students who participate in athletic and extracurricular programs to remain drug free and alcohol free.

DEFINITIONS

1. **STUDENT ATHLETE**
Any person participating in the LIBERTY CENTER Junior/Senior High School athletic program and/or contests under the control and jurisdiction of the LIBERTY CENTER Schools and/or the Ohio High School Athletic Association (OHSAA). This policy also includes cheerleaders and wrestlerettes.
2. **EXTRACURRICULAR**
Any activity that does not involve a grade.
3. **ATHLETIC SEASON**
In-season start dates will begin as published by the Ohio High School Athletic Association or sanctioning organization and continue until the completion of awards program for that sport for the LIBERTY CENTER Schools. There are three athletic seasons: Fall, Winter, Spring. The policy is a year around policy enforced during non-participation seasons and summer.
4. **RANDOM SELECTION**
A system of selecting athletes for drug and alcohol testing in which each athlete shall have a fair and equitable chance of being selected each time selections are required.
5. **ILLEGAL/ILLICIT DRUGS**
Any substance included in U.S.C. 802 (6), which an individual may not sell, offer to sell, possess, give, exchange, use, distribute, or purchase under State or Federal Law. This definition also includes all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided for in the prescription or by the manufacturer. We may also test for Nicotine and Steroids.
6. **ALCOHOL**
Any intoxicating liquor, beer, wine, mixed beverage, or malt liquor beverage as defined in the Ohio Revised Code Section 4301.01. The term "alcoholic beverage" includes any liquid or substance, such as "near beer" which contains alcohol in any proportion or percentage. The term "alcoholic beverage" does not include a substance used for medical purposes in accordance with directions for use provided in a prescription or by the manufacturer and in accordance with school district policy and rules related to the use of prescription and non-prescription drugs, provided the substance is a) authorized by a medical prescription from a licensed physician and kept in the original container, which shall state the student's name and directions for use or b) an over-the-counter medicine.
7. **TOBACCO**
Athletes shall not use or have in their possession tobacco products including, but not limited to, cigarettes, e-cigarettes, smokeless tobacco or items that use vapor products or alternative nicotine products. This provision shall include tobacco imitation products such as mint chew.

TYPES OF TESTING

1. TEAM TESTING

At the beginning of each season, all eligible students will submit to urine drug and alcohol testing. This testing will be completed within the first two weeks of the season on a specified date and time. The collection process will take place on school property or at a Board of Education approved testing facility. The Head Coach/Advisor is responsible for ensuring that all students and their parent/guardian/custodian properly sign the INFORMED CONSENT AGREEMENT prior to testing. Any student moving into the District shall be tested prior to the time he/she joins the team. No student will be permitted to compete in a scrimmage, contest or approved activity until the informed consent agreement is signed.

2. RANDOM TESTING

In-session random testing shall be done throughout the season. Each team or extra-curricular group may have up to 20% of its eligible students tested per random selection. A student may be tested more than once per season. In the event of a positive result, the specimen will be sent to a laboratory for confirmation of results and a certified Medical Review Officer will determine the results.

a. Random selection of students involved in extra-curricular activities:

The Athletic Director/Student Advisors, under the Principal's supervision, will use a system to ensure that students are selected in a random fashion. This system may include computer generated random numbers or names or by pulling numbers from a pool of numbers equal to the number of eligible students.

b. Scheduling of random testing:

Random testing will be unannounced. The day and date will be selected by the Athletic Director and/or building administrator. The athletic director cannot call for random testing without first consulting with a building administrator. Random testing may be done weekly.

3. DRUGS FOR WHICH ATHLETES MAY BE TESTED:

LSD, Alcohol, Marijuana, Amphetamines, Methadone, Anabolic Steroids, Methaqualone, Barbiturates, Nicotine (Tobacco), Benzodiazepines, Opiates, Cocaine, Propoxyphene (Darvon), or Any substance included in U.S.C. 802 (6), which an individual may not sell, offer to sell, possess, give, exchange, use, distribute, or purchase under State or Federal Law. This definition also includes all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided for in the prescription or by the manufacturer.

4. COLLECTION PROCESS (Urine Screens)

The student will be notified to report to the collection site. A specimen from the student will be collected as follows and all students must follow this process:

All students must have a picture ID or be identified by the Athletic Director/Student Advisor or Principal. No exceptions will be allowed.

Drug testing area must be secured during the testing.

Only lab technicians and students will be witness to the test.

Lab technicians collecting the sample from students will be same sex attendants.

Privacy must be kept for all students.

The Athletic Director/Student Advisor is responsible for ensuring that all of the forms are completed and signed by both parent/guardian/custodian and student. No student is to enter the collection site until forms, money and proper ID are completed.

When students arrive and cannot give a sample, they will need to start drinking water, pop or juice. After 36 oz. the human body will need to urinate.

No bags, backpacks, purses, cups, containers or drinks will be allowed to enter the collection area. All coats, vests, jackets, sweaters, hats, scarves or baggy clothing must be removed before entering the collection site. Only pants and t-shirts or dresses may be worn in the collection area. Any infringement of the rules will result in the student taking the test over.

Students processed by the lab technician who cannot produce a sample will be kept in a secured area to wait until they can test. If they leave this area, they will not be allowed to test. They are not to have contact with anyone until after the sample is given.

Students will be asked to hold out their hands and a sanitizer will be put on their hands or will wash hands with water. The bathroom personnel will add a dye to the toilet.

Students will be asked to urinate directly into the collection cup given to them by the lab personnel. The lab technician will stand outside the stall and listen for normal sounds of urination.

Any and all adulteration of the specimen will be detected and considered the same as a test refusal or 1st time infraction. (The lab checks every sample for adulteration, such as additives you drink or add to urine to change the sample.)

Adulterations: We will treat adulterations and diluted samples as first time offenses. They are not called positives but have the same consequences. A retest will be required within 24 hours.

Any suspicion of tampering with the sample will be brought to the tester's attention. The sample will be sent to the lab for immediate confirmation of tampering.

The sample must be taken in one attempt and be at least 30 ml in size. The student must hand the cup to the lab technician.

Students are not to flush the toilets or urinals. In the event that a student flushes the toilet he or she will be required to give a new sample immediately or the sample will be invalid.

With student watching, the lab technician will recap the sample and hand it to the student who must then return it to the intake technician. In the event that the student does not hand the cup directly to the intake technician, the sample is invalid and a new sample must be taken. If the student leaves the collection area or has contact with anyone, the sample will be invalid and the student will have to give another sample.

This collection procedure is subject to change because of procedural requirements by the testing agency. The School Board reserves the right to change the collection procedure to coincide with the testing guidelines set forth by the testing agency.

When using rapid screens, all non-negative screens will be sent out with a chain of custody to a certified laboratory for confirmation. A Certified Medical Review Officer will verify the positive test.

Any student that tests positive will be subjected to testing every time the school conducts testing with drug counseling and testing at the expense of the student and or parent. Testing will be done by a Board approved licensed company.

5. RESULTS OF A POSITIVE TEST

Any positive urine drug test results will be made known to the school counselor, who in turn will notify the parents/guardians/custodians and student. Parents at their own expense can appeal the result of the drug screenings lab. Parents can have the questioned specimen sent to another approved lab as long as the chain of custody is not jeopardized. All positive specimens will be frozen and kept by the drug screening company up to one year.

If a test result comes back positive for a banned substance for a student and the parent can verify the student has a valid, active prescription for the substance that can be legally used for medical purposes in the state of Ohio and the United States, the positive result will be changed to a negative result.

6. IF A POSITIVE TEST OCCURS:

The first violation

For the first positive result, the student will be given the option of:

- A) Having a mandatory meeting with the school counselor with at least one parent/guardian being present. The counselor may determine if an assessment must be conducted by an outside agency. If determined by the counselor that the student does not need an assessment, the student must participate in an in-house drug and alcohol educational program. If it is determined that the student must receive an assessment from an outside agency, the parent must sign a waiver to allow the counselor access to the results. The recommendations from the assessment must be followed. The parent/guardian is responsible for all expenses associated with the assessment and/or drug/alcohol program prescribed by the outside agency.
- B) If the student/parents choose option A, there will be no missed games/contests or extra-curricular activities. The student may NOT participate in any contests/activities until the meeting is complete with the school counselor. The student will not miss any games/activities after the initial meeting with the counselor as long as he/she follows through with the program recommended by the school counselor and/or the health care facility. Any missed timelines or failure to follow through with any aspect of a drug/alcohol program will result in missed contests/games or activities as determined by the building administrator. The student will also be required to submit to testing every time a random test is administered at school for the remainder of the school year.
- C) For a first time tobacco offense, the student will have to participate in a school sponsored anti-tobacco program. The student will miss no games, contests or activities as long as the student agrees to participate in the program. Failure to follow through with the program will result in missed games, contests and/or activities as determined by the building administrator. The student will also be required to submit to testing every time a random test is administered at school for the remainder of the school year.
- D) Denial of participation in interscholastic athletics and/or extra-curricular activities for one calendar year if the student refuses to be tested or refuses to participate in a drug, alcohol, or tobacco assessment/program.

The second violation

- A) Student and parent must participate in a mandatory meeting with the school counselor. The school counselor will refer the student/ parents to the appropriate agency to get the student help. Parents must give the counselor permission to talk to the drug/alcohol agency. The student will be held out of all games/contests until the student completes a drug/alcohol assessment and attends the first session of the program. If the student misses subsequent sessions of the drug/alcohol program without an excuse approved by the principal or fails to follow through with the entire drug/alcohol program, the student will be denied participation in all extra-curricular activities for 12 months from the date of discovery of the violation. The parent/guardian is responsible for costs associated with the assessment and drug/alcohol program.
- B) The student will also be required to submit to testing every time a random test is administered at school for the remainder of the student's Junior/senior high school career.
- C) A second tobacco offense will result in the student having to complete a tobacco program offered by an outside agency at the parent's expense. The student will be withheld from all extra-curricular events until he/she goes to the first session. Failure to complete the program or missing subsequent sessions without approval from the principal will result in a 12 month suspension from extra-curricular activities from date of discovery of the violation. The student will also be subjected to testing every time a random test is administered at the school for the rest of the student's Junior/senior high school career. Parents must give the counselor permission to talk to the agency providing the tobacco education program.
- D) Denial of participation in interscholastic athletics and/or extra-curricular activities for one calendar year if the student refuses to be tested or refuses to participate in a drug, alcohol, or tobacco assessment/program.

The third violation

- A) Student and parent must participate in a mandatory meeting with the school counselor. The school counselor will refer the student/ parents to the appropriate agency to get the student help. Parents must give the counselor permission to talk to the drug/alcohol agency. The athlete will be held out of all games/contests until the athlete **completes** a drug/alcohol assessment and **completes** a drug/alcohol program approved by the school. If the student fails to follow through with any portion of the drug/alcohol program, they will be denied participation in all extra-curricular activities for the remainder of their Junior/senior school career. The parent/guardian is responsible for the costs of the assessment and drug/alcohol program.
- B) Third tobacco offense will result in the athlete being held out of all extra-curricular activities until the student **completes** a tobacco treatment program at the parent's expense. Parents must give the counselor permission to talk to the agency providing the tobacco education program.
- C) Denial of participation in interscholastic athletics and/or extra-curricular activities for the remainder of the student's time at Liberty Center Junior/senior High School if the student refuses to be tested or refuses to participate in a drug, alcohol, or tobacco assessment/program.
- D) The student will also be required to submit to testing every time a random test is administered at the school for the remainder of the student's Junior/senior high school career.

The fourth violation:

- A) The student will be denied participation from extra-curricular activities for 12 months from discovery of the violation. The student will not be considered for re-instatement until all the following conditions are met:
 - Student completes a certified drug/alcohol program at the parent's expense.
 - Student during the 12 month suspension agrees to be tested every time a random test is administered at the school at the parent's expense.

- Student will be required to be tested every time a random test is administered at the school for the rest of the student's Junior/senior high school career.
- No further violations occur.

B) Denial of participation in interscholastic athletics and/or extra-curricular activities for the remainder of the student's time at Liberty Center Junior/Senior High School if the student refuses to be tested or refuses to participate in a drug, alcohol, or tobacco assessment/program.

The fifth violation:

The student will be permanently excluded from all extra-curricular activities at Liberty Center Junior/senior High School.

7. Violations are accumulative throughout the student's secondary school career (Grades 9-12). The policy is in effect year around including summer months and vacations when the school is not in session.

8. If a student refuses to be tested, he/she will be held out of all extra-curricular activities for at least a 12 month period depending on previous violations to the extra-curricular code of conduct. Students are free to self-refer before any test is administered with the understanding that the student is now subjected to the violation phase of the code of conduct corresponding to the appropriate violation level.

9. Drug testing may occur when a district administrator, coach or activity advisor has reasonable suspicion that a student is using a controlled or banned substance.

ACKNOWLEDGEMENT OF WARNING BY PARENT (s) and STUDENT ATHLETE

We/I, the parent(s) and student athlete, do hereby acknowledge that we have been fully advised, cautioned and warned by the proper administrative and coaching personnel of Liberty Center Schools that a student athlete may suffer serious injury, including but not limited to sprains, fractures, brain damage, paralysis or even death, by participating in any sport at Liberty Center Schools. Notwithstanding such warnings, and with full knowledge and understanding of the risk of serious injury to our/my child which may result, we/I give my/our consent to participate in any sports at Liberty Center Schools. This includes Baseball, Basketball, Bowling, Cheerleading, Cross Country, Football, Golf, Gymnastics, Soccer, Softball, Track, Volleyball, Wrestlerettes and Wrestling.

FOOTBALL HELMET WARNING FORM

WARNING

**NO HELMET CAN PREVENT ALL HEAD OR NECK INJURIES A
PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.**

**Do not use this helmet to butt, ram, or spear an opposing
player. This is in violation of the football rules and such
use can result in severe head or neck injuries, paralysis
or death to you and possible injury to your opponent.**

I certify that I have read and understand the WARNING stated above.

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
- Can’t recall events before or after hit or fall.

Symptoms Reported by Athlete

- Any headache or “pressure” in head. (How badly it hurts does not matter.)
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”
- Trouble falling asleep.
- Sleeping more or less than usual.

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- No athlete should return to activity on the same day he/she gets a concussion.
- Athletes should NEVER return to practices/games if they still have ANY symptoms.
- Parents and coaches should never pressure any athlete to return to play.

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.

www.healthyohioprogram.org/concussion

Rev. 02.13

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

I have read the Ohio Department of Health’s Concussion Information Sheet and understand that I have a responsibility to report my/my child’s symptoms to coaches, administrators and health care provider.

I also understand that I/my child must have no symptoms before return to play can occur.

Ohio's Return-to-Play Law: What a Parent/Guardian Needs to Know – *School Sports*

For Athletes Participating in School Sports (Interscholastic Athletics):

1. Starting April 26th, 2013, parents and athletes are required to sign and submit a concussion information sheet for each school year for each sport.

2. Coaches and referees must **remove an athlete from play** if the athlete is exhibiting the signs and symptoms of a concussion during practice or a game. These include:

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
- Can't recall events before or after hit or fall.

Any headache or "pressure" in head. (How badly it hurts does not matter.)

Nausea or vomiting.

Balance problems or dizziness.

Double or blurry vision.

Sensitivity to light and/or noise

Feeling sluggish, hazy, foggy or groggy.

Concentration or memory problems.

Confusion

Does not "feel right."

Trouble falling asleep.

Sleeping more or less than usual.

3. The student athlete **cannot** return to play on the same day that the student is removed.

4. The student athlete **is not permitted** to return to play until they have been assessed and receive written clearance by a physician (MD or DO) or by any other licensed health care provider approved by the school district.

PLEASE NOTE: It is important to review your school's policy regarding which health care providers are authorized to clear an athlete to return to play.

For More Information

Ohio Department of Health - Ohio's Return to Play Law: www.healthyohioprogram.org/concussion

Centers for Disease Control and Prevention - Heads Up in Youth Sports:

www.cdc.gov/concussion/HeadsUp/youth.html

Centers for Disease Control and Prevention – Returning to School after a Concussion:

www.cdc.gov/concussion/HeadsUp/schools.html

INFORMED CONSENT AGREEMENT

(for Drug Testing)

AS A STUDENT:

- I understand and agree that participation in athletic activities is a privilege that may be withdrawn for violations of the Liberty Center Drug Testing Policy.
- I have read the Drug Testing Policy and thoroughly understand the consequences that I will face if I do not honor my commitment to the Drug Testing Policy.
- I understand that when I participate in any athletic or extra-curricular program I will be subject to initial and random urine drug & alcohol testing, and if I refuse, I will not be allowed to practice or participate in any extra-curricular activities. I have read the informed consent agreement and agree to its terms.
- I understand this agreement is binding while I am a student in the LIBERTY CENTER system.

AS A PARENT/GUARDIAN/CUSTODIAN:

- I have read the LIBERTY CENTER district drug testing policy and understand the responsibilities of my son/daughter/ward as a participant in extra-curricular activities in the LIBERTY CENTER district.
- I pledge to promote healthy lifestyles for all students in the LIBERTY CENTER system.
- I understand that my son/daughter/ward, when participating in any extra-curricular program, will be subject to initial and random urine drug and alcohol testing, and if he/she refuses, will not be allowed to practice or participate in any extra-curricular activities. I have read the informed Consent Agreement and agree to its terms.
- I understand this agreement is binding while my son/daughter/ward is a participant in extra-curricular activities in the LIBERTY CENTER district.

INFORMED CONSENT AGREEMENT

We hereby consent to allow the student named on the reverse side to undergo urinalysis testing for the presence of illicit drugs, alcohol, or banned substances in accordance with Policy and Procedures for Drug Testing of the LIBERTY CENTER District.

We understand that testing will be administered in accordance with the guidelines of the LIBERTY CENTER District Drug Testing Policy for students involved in extra-curricular activities.

We understand that any urine sample taken for drug testing will be tested only by a Board approved company.

We hereby give our consent to the company selected by the LIBERTY CENTER School Board of Education, its employees, or agents, together with any company, hospital, or laboratory designated to perform urinalysis testing for the detection of drugs.

We further give our consent to the company selected by the LIBERTY CENTER Board of Education, its employees, or agents, to release all results of these tests to designated School District employees or agents. We understand that these results will also be available to us upon request.

I, the student, hereby authorize the release of the results of such testing to my parent/guardian/custodian.

We hereby release the LIBERTY CENTER Board or Education, its employees or agents from any legal responsibility or liability for the release of such information and records.

This will be deemed consent pursuant to the Family Educational Rights and Privacy Act of 1974, 20 U.S.C. 1232g as amended, and the Ohio Revised Code 3319.321, for the release of the test results as authorized by the Informed Consent Agreement or as required by law.

ATHLETIC CODE OF CONDUCT INFORMED CONSENT FORM

AS A STUDENT:

- I understand and agree that participation in athletic activities is a privilege that may be withdrawn for violations of the Athletic Code of Conduct.
- I have read the Code of Conduct and thoroughly understand the consequences that I will face if I do not honor my commitment to the Code of Conduct.
- I agree to assume full responsibility for all equipment issued to me, and to confine the use of that equipment to practice, games or meets.
- I further agree to pay for any and all equipment that I may lose, misplace or damage through carelessness or intent. Will not be allowed to participate in next sport season until all equipment is turned in.

AS A PARENT/GAURADIAN:

- I have read the Code of Conduct and understand the responsibility of my son/daughter as a participant in athletic activities in Liberty Center Local Schools.
- I understand and realize that there is a risk of injury to my student in participating in athletic activities.
- Grant permission to the Juvenile Court Judge to release any alcohol/drug related offense to school officials.
- Grant permission to have a drug/alcohol counselor release information to school officials.